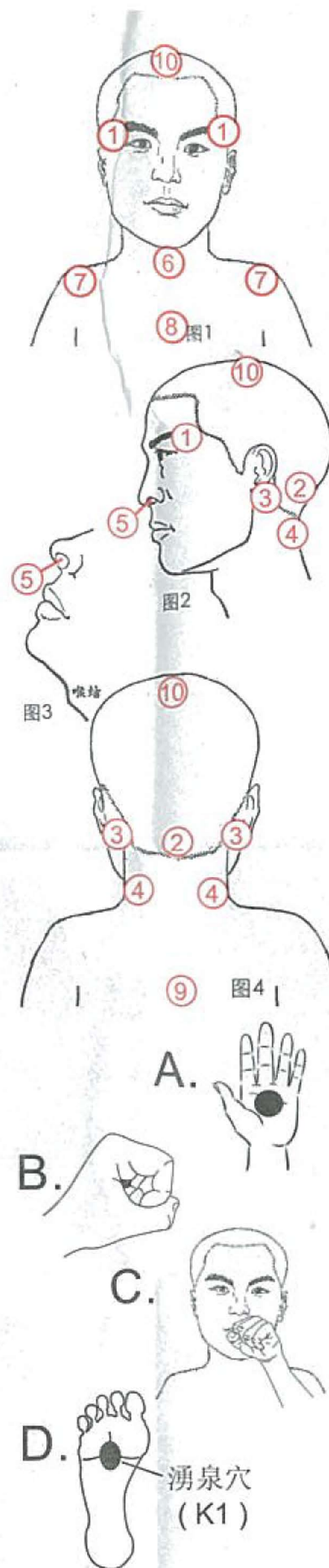


## 太极伤风膏

**适应范围:** 感冒鼻塞、鼻炎敏感、头晕头痛、颈肩背痛、肌肉酸痛、喉痒咳嗽、呼吸逼促、胸闷不畅、肚胃胀痛、轻度烫伤、皮肤瘙痒、小疔疮痛、虫叮痛痒、跌打扭伤、风寒湿痛、关节肿痛、藤鞭抽伤、坐骨神经抽痛。

**使用方法:** 1日 3-5次。每个疗程5-7天;必要时可酌量增加,推药90分钟后患部才洗水。推药的手即刻可洗。鼻塞,鼻敏感及鼻闻无香臭,用棉花签或指尖沾伤风膏涂鼻孔内壁。感冒涂法如图 2,4,5 或 A,B,C 或涂手帕上或涂掌心握空拳捂鼻前作深嗅吸。同时对昏倒者有清醒作用。感冒初起,涂法如图1,2,3,4,5,9,10,D。如加熏法效更佳:将一小块伤风膏放入热水盆内,将脸部靠近水面并用毛巾围在鼻梁前。让药气熏入呼吸道,可能会使鼻孔内排出滞留湿痰水。鼻水直流涂抹如图2,4,5再用热毛巾盖脑后如图4颈部。头晕头痛涂法如图1,2,3,4。喉痒呛咳涂法如图A,B,C,5,6。灼伤或烫伤起水泡涂后即清凉止痛。烫伤处忌浸洗冷水。可避溃烂或火毒攻心之险。跌打扭伤,风湿关节痛推拿后,若用保鲜膜封盖包扎,功效倍增。孩童感冒鼻塞或咳嗽可涂抹如图6,7,8,9先用少许,随后酌量增加。不宜涂颈部及鼻孔。

**使用须知:** (伤风膏须保存30°C以下,遇热融化可继续使用) 伤风膏是减轻不适的外用品。如不慎触及眼睛,用清水冲洗。使用后三分钟转清凉。若灼热不适可用湿布擦去。两岁以下孩童,孕妇及哺乳母慎用;或使用前咨询医生。皮肤有药物过敏者;使用前先涂少许试用。如有过敏反应停用或请教医生。使用后将瓶盖旋紧。储藏阴凉高处。避免小孩接触。请远离易燃物,伤风膏可能会污染衣物。



## Tai Chi (Balm) Shang Feng Gao

**Revitalizing and soothing, it is effective in alleviating symptoms induced by the following common ailments:** 1. Colds, Flu, Nasal Congestion (Blocked Nose) 2. Heat Exhaustion 3. Headaches, Heat Exhaustion, Nausea 4. Throat Irritation and Coughing 5. Abdominal Distension, Chest Discomfort and Breathlessness 6. Skin problems such as itchiness, minor scalds, burns, bites 7. Stomach bloatedness and chest discomfort 8. Rheumatism 9. Muscular and joint injuries such as bruises, sprains 10. Neck and waist soreness 11. Spasms due to nerve impingement

**Directions:** 1. Apply on affected areas 3-5 times per day. 2. Each course of treatment should last from 5 to 7 days. **Note:** The balm is safe for usage even after it has been liquefied by heat.

Ailment	Directions (Refer to diagrams for areas of application)
Blocked Nose	Apply the balm onto areas (2), (4) and (5). or apply to the center of the palm (A), Clench the fist as shown (B), Inhale as shown in (C)
Cold	During the initial stages, apply on the following areas: (1), (2), (3), (4), (5), (9), (10), (D)
Runny Nose	a) Apply the balm onto areas (2), (4) and (5). b) cover the back of the neck (4) with a warm towel.
Dizziness and Headaches	Apply onto areas (1), (2), (3) and (4).
Throat Irritation and Coughing	Apply around the throat (6) and inside the nostrils (5) or apply to the center of the palm (A), Clench the fist as shown (B), Inhale as shown in (C)
Indigestion, Abdominal Distension, Chest Discomfort	Apply downward from the chest to the stomach areas.
Burn, Scalds	Apply on the affected areas to relieve pain. Caution: Never wash wound with water before applying medication.
Bruises, Sprains, Rheumatism	Apply and massage the affected areas accordingly. To enhance the curative effects, use cling wrap to secure the bandage after application
Fatigue, Breathlessness, Loss of Consciousness	Apply to the center of the palm (A), Clench the fist as shown (B), Inhale as shown in (C).

**Caution:** 1. Hands used to apply the balm can be washed immediately after application; affected areas, however, can only be washed 90 minutes after application. 2. The balm is only meant for external usage. Should it accidentally come into contact with the eyes, wash eyes under running tap immediately. 3. The following personnel should seek medical advice before applying the balm. a) Lactating mothers b) Pregnant ladies c) Children below 2 years old d) People with possible skin allergies. 4. For patients with sensitive skin, apply sparingly initially. Should an allergic reaction occur, please stop and seek medical attention; for dryness after application, please apply moisturizer or edible sesame oil to the affected areas. 5. When applying the balm, take care not to allow it to come into contact with one's clothes as it might stain certain types of clothing. 6. Upon application, a warm sensation might be experienced initially; after 3 minutes, a cooling effect would ensue. 7. After application, the balm bottle must be tightened properly, and stored in a cool dry area which is away from inflammable materials. In addition, take care to ensure that it is kept out of reach to children. 8. For kids younger than two, the balm must be applied cautiously. a) It must be never be applied inside the nostrils. b) For colds, coughs, only small amounts can be applied to the throat (6), shoulder (7), chest (8), back (9). c) Should discomfort be felt upon application, a wet cloth can be used to remove the balm from the applied area(s).